Mondays	Typical Daily Schedule		October 2	October 2016 (Additional Programs & Details)	ırams & Details)	
10a	Mondays	Monday	Tuesday	Wednesday	Thursday	Friday
10a-6p OPEN HOUSE 10a Game Day! (Tripoley) 11a Potluck & "Project 12.15p Pinochle 1rel a friend, bring a friend Bring \$1 in pennies Drama Group Drama Group 10.30a Herbal Kitchen 10a Game Day! (Bunco - a Hannah Park (Food, 10a "New Age Crime 11a Game Day! (Bunco - a Hannah Park (Food, 10a "New Age Crime 11a Games, Music, and Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Tripoley) 11a Lunch Bunch at Personal Safety & Self 11a Game Day! (Bunco - 12p Lunch & Bingo 27 11a Comers, 11a Comers, 11a Comers 11a Game Day! (Bunco - 12p Lunch & Bingo 11a Game Day! (Bunco - 12p Lunch & Bingo 11a Game Day! (Bunco - 12p Lunch & Bingo 11a Game Day! (Bunco - 12p Lunch & Bingo 11a Game Day! (Bunco - 12p Lunch & Bingo 11a Game Party with 11a Game Party with 11a Game Party with 11a Game Party (Bunco - 12p Lunch & Bingo 11a Game Party with 11a Game Party (Bunco - 12p Lunch & Bingo 11a Game Party (Bunco - 12p Lunch & Bingo 11a Game Party (Bunco - 12p Lunch & Bingo 11a Game Party (Bunco - 12p Party 11a Game 11a Ga	9:15a Yoga Gold	3	4	2	9	
10						Red Hatters - Day Trip
Tell a friend, bring a friend, Bring \$3 in pennies Drama Group 2000 Butters & Infused oils 13 12 12 13 3000 Butters & Infused oils 13 13 14 14 14 3000 Butters & Infused oils 14 14 15 15 15 15 3000 Butters & Infused oils 14 15 15 15 15 3000 Butters & Infused oils 15 15 15 15 3000 Butters & Infused oils 13 13 3000 Butters & Infused oils 13 14 15 3000 Butters & Infused oils 14 15 15 3000 Butters & Infused oils 15 15 15 3000 Bring \$53 in pennies 14 15 3000 Bring \$53 in pennies 15 3000 Bring \$50 15 3000 15 3000 15 3000 15 3000 15 3000 15 3000 15 3000 15 3000 15 3000		10a-6p OPEN HOUSE!		11a Potluck & "Project	12:15p Pinochle	10:15a Wii Bowling League
10 Butters & Inhused oils 12 Book Review Club 10:30a Herbal Kitchen 11 12p Fall Fireside Feast 13 13p Browelity with Jean 10a Game Day! (Bunco - ar Hamah Park (Food, ar Hamah P		rell a friend, bring a friend.	Bring \$3 in pennies	Interact" Goshen Lane		1p Birthday Bash!
10 Butters & Indused oils 12 Butters & Indused oils 13 Butters & Indused oils 14 Butters & Indused oils 15 Butters & Indused oils 15 Butters & Indused oils 15 Butters & Indused oils 12 Bring \$12 10 11 10 Bring \$12 Bring \$12	3:30p Table Tennis			Drama Group		with Summit's Trace
10 12 13 13 13 14 14 15 15 15 15 16 16 17 16 17 18 18 18 19 19 19 19 19		3p Book Review Club	10:30a Herbal Kitchen			Let's all celebrate with our
10 11 12 12 13 13 13 13 13			Butters & Infused oils			Oct. birthdays. (register)
10	8-9:30a Walk program at YMCA		\$5 members \$7 others			All Members Welcome.
12 Pawelny with Jean 10a Game Day! (Bunco - at Hannah Park (Food, Bring \$2) An Hannah Park (Food, Bring) An Han	(Register at Senior Center)	10	11	12	13	14
10 Jewelry with Jean 10a Game Day! (Bunco - at Hannah Park (Food, Games, Music, and Games Music, and Games Music, and Stopers" presentation (Angon rides through a Person Safety & Self (11:30a Lunch Social!) He parkl) Defense" Person Safety & Self (11:30a Lunch Social!) He parkl) Defense" Please soup, garlic bread, salad, & Register (\$5 - register) 13 Please (Must Register \$5 / Person 10a Game Day! (Tripoley) 11a Lunch Bunch at Must Register \$5 / Person 10a Game Day! (Tripoley) 11a Lunch Bunch at Must Register \$5 / Person 10a Game Day! (Bunco - 12p Lunch & Bing \$2 10:30a World of Travel 10a Game Day! (Bunco - 12p Lunch & Bing \$2 10:30a World of Travel 10a Game Day! (Bunco - 12p Lunch & Bing \$2 10:30a World of Travel 10	9:30a Open Art			12p Fall Fireside Feast		
State Stat		Lp Jewelry with Jean		at Hannah Park (Food,	10a "New Age Crime	10:15a Wii Bowling League
The park	10:30a Kitchen Band		Bring \$2)	Games, Music, and	Stoppers" presentation	
11:30a Lunch Social! the park!) Defense register soup garlic bread, salad, & please soup garlic bread, salad, & legister soup structor patty Miller 10a Game Day! (Tripoley) 11a Lunch Bunch at linst Come, First Scrone, First Scron	12:30p Euchre			Wagon rides through	"Personal Safety & Self	11a Garden Club
17 Register Regi	1p Ceramics		11:30a Lunch Social!	the park!)	Defense"	
17 Register Register Register Register Register 1.15p Poker 1.15p Poke	3p Bean Bag Baseball		Featuring: Meatball w/ pasta		Please register	
17 18 19 19 19 19 19 19 19			soup, garlic bread, salad, &	Please Please		
Interception 18 book Review Club Bring \$2 19 bring \$2 20 bring \$2 Interceptor: Intercepto	Wednesdays		dessert (\$5 - register)	Register ************************************	12:15p Poker	
lath NEW PROGRAM!! 10a Game Day! (Tripoley) 11a Lunch Bunch at last my liter was last or last my liter was last or last costume and last cost cost cost cost cost cost cost co	9a Quilting Guild	17	18	19	20	21
11a Microwave Meals Bring \$3 in pennies 11a Lunch Bunch at Marcella's (Polaris) 1-3p Flu Shots provided		NEW PROGRAM!!	10a Game Day! (Tripoley)		12:15p Pinochle	10:15a Wii Bowling
Must Register \$5/person Marcella's (Polaris) 1-3p Flu Shots provided (Must register) Instructor: Patty Miller 1.3p Flu Shots provided 1.3p		l1a Microwave Meals	Bring \$3 in pennies	11a Lunch Bunch at		
Instructor: Patty Miller Instructor: Patty Miller Match Residences		Must Register \$5/person		Marcella's (Polaris)	1-3p Flu Shots provided	
First Come, First Served 24 24 25 Committee Meeting 26 27 Octoberfest! Octoberfest! Octoberfest! Octoberfest! Octoberfest in:30p Senior Advisory Bring \$2D Octoberfest! Octoberfest in:30p World of Travel Bring \$2D Costume Party with Christmas on Danube Costume Party Wit		nstructor: Patty Miller		(Must register)	Nat. Church Residences	10a OSU Progressive
35 Book Review Club Bring \$25 Committee Meeting 24 25 26 Cotoberfest! Committee Meeting 27 Cotoberfest! Cotoberfest! Cotoberfest! Cotoberfest! Cotoberfest! Cotoberfest Bingo 27 Cotoberfest! Cotoberfest Bingo 27 Cotoberfest Bingo Cotoberfest Bingo Cotoberfest Bingo Bring \$2) Lunch \$5 / BINGO \$2 Christmas on Danube Costume Party with Chicago, Pittsburgh prizes for best costumes! 2p No Poker today 12:15p Poker Tegister) 31	Thursdays				First Come, First Served	Tailgate Party (Must
24 25 26 27 Octoberfest! 10:30a World of Travel 25 26 27 Octoberfest! 10:30a World of Travel 25 26 27 Octoberfest! 10:30a World of Travel 20 Lunch & Bingo 2017 Trips Presentation 2017 Trip	9a Zumba Gold			3:30p Senior Advisory	Bring Your insurance card	FREE
24 25 26 27 Octoberfest! 10:30a World of Travel 10:30a World of Travel 3p Book Review Club 10a Game Day! (Bunco - 12p Lunch & Bingo 2017 Trips Presentation Register by Monday 24th Punta Cana, Four Corners, Lunch \$5 / BINGO \$2 Christmas on Danube Costume Party with Punta Cana, Four Corners, Lunch \$5 / BINGO \$2 - register) 31 2p No Poker today 12:15p Poker	10a Tai Chi			Committee Meeting	1	
3p Book Review Club 10a Game Day! (Bunco - 12p Lunch & Bingo 2017 Trips Presentation Register by Monday 24th Punta Cana, Four Corners, Lunch \$5 / BINGO \$2 Christmas on Danube Costume Party with Chicago, Pittsburgh prizes for best costumes 2p No Poker today 12:15p Poker	10a Bocce (May-Oct)	24	25	26	27	28
Sp Book Review Club 10a Game Day! (Bunco - 12p Lunch & Bingo 2017 Trips Presentation Register by Monday 24th Punta Cana, Four Corners, Lunch \$5 / BINGO \$2 Christmas on Danube Costume Party with Chicago, Pittsburgh Party with Chicago, Pittsburgh Chicago, Pittsburgh Chicago, Pittsburgh Chicago, Pittsburgh Danube Chicago, Pittsburgh Chicago, Pittsburgh Danube Chicago, Pittsburgh Danube Chicago, Pittsburgh Chicago,	12:15p Pinochle or Poker			Octoberfest!	10:30a World of Travel	10:15a Wii Bowling League
Register by Monday 24th Lunch \$5 / BINGO \$2 Costume Party with prizes for best costumes! Ite Bridge Advanced -register) Advanced register)		3p Book Review Club		12p Lunch & Bingo	2017 Trips Presentation	1
Lunch \$5 / BINGO \$2 Costume Party with prizes for best costumes! 2p No Poker today 31	s		Bring \$2)	Register by Monday 24th	Punta Cana, Four Corners,	
Costume Party with prizes for best costumes! 2p No Poker today 31				Lunch \$5 / BINGO \$2	Christmas on Danube	
prizes for best costumes! 2p No Poker today 31	Fridays			Costume Party with	Chicago, Pittsburgh	
31	9:15a Yoga Gold			prizes for best costumes!		
	10:15a Wii Bowling			2p No Poker today	12:15p Poker	
12:30p Duplicate Bridge 1p Mahjongg 1p Zentangle (Advanced -register)	10:30a Zentangle (Basics - register)	31				
1p Zentangle (Advanced -register)	12:30p Duplicate Bridge			¥		
Lp Zentangle (Advanced -register)	Lp Manjongg					
	1p Zentangle (Advanced -register)					



On Wednesday, September 14th the Gahanna Active Senior Program hosted the 2016 Active Senior Expo here on the grounds of our Center. The event was attended by

October 2016

2016 Active Senior **2016** a BIG Success!



Enjoy a grilled chicken luncheon with entertainment, games, wagon rides, and loads of fun at Hannah Park! FREE to members. Must register. Sponsored by

Sunrise Assisted Living.

Gahanna Senior Center 480 Rocky Fork Blvd., Gahanna, OH 43230 614.342.4265 Gahanna.gov

Enjoy some great Chili, games,

and participate (or watch) in our

is open to your own creativity!

Be scary, be silly, but mostly...

just be there! Register at desk. \$5 for lunch / \$2 if playing Bingo

costume contest! Costume theme

Upcoming Events Save the Date!

Fireside Feast

Wed. October 12th 12-3PM

New Age Crime Stoppers

Thu. October 13th 10AM

Flu Shots offered by National Church Residences

Thu. October 20th 1-3 PM

Octoberfest! Costume Contest, Chili & Bingo

Wed. October 26th 12-3PM

Election Day

Tue. November 8th (Middle room unavailable for Senior programming)

Lunch & Learn

Wed. November 9th

Assisted Living

Center closed for Veterans Day Fri. November 11th

Wine & Dine at New Albany Rehab, Skilled Nursing, and

Tue. November 15th 2:30-3:30PM

Tanger Outlet Shopping Trip

Fri. November 18th 8:30 - 3:30PM

Center Closed for Thanksgiving

Thu. Nov 24th & Fri. November 25th

An Amish Christmas Visit

Thu. December 1st (Berlin, OH)

Christmas Social & Open House

Wed. December 14th 1PM Open to Public

Center Closed for Holidays

Mon. December 19th through
Mon. January 2nd (Re-open Jan 3rd)

Pictured below: Crafts for sale from our Senior Craft Group. Please support our fundraising efforts to help children at Nationwide Children's Hospital.



OSU Progressive Tailgate Party Friday Oct. 21, 10am-1:30pm

Enjoy complimentary food, games and prizes at Ohio's starting line-up of senior living centers.

Stop 1: Appetizers at "The Worthington"

Stop 2: Lunch at "The Rehabilitation and

Health Center of Gahanna"

Stop 3: Desserts at "Brookdale Chestnut Hill"

Transportation to each location provided from start to finish.

Be sure to wear your favorite buckeye

gear! Must register due to limited space.





2017 Trip Presentations Thursday October 27th 10:30AM

Presented by World of Travel
FREE snacks provided for all attendees

2017 Active Seniors Trip & Travel Programs

For those who register for a 2017 <u>World of Travel</u> program during the months of October, November, and December 2016, you will be entered into a drawing to win a **\$50 gift certificate** towards your World of Travel trip! Winner to be announced this December.

Four Corner National Parks!

Christmas Market Cruise on the Danube River!

Chicago Escape! Best of Pittsburgh!

Paradise in Punta Cana!

Obtain trip details and brochures at our office



New Class! "Herbal Kitchen & Culinary Delights"

Every first Tuesday, come learn herbal tips and tricks as we sample culinary recipes.

On October 4th, we will explore butters and infused oils. 10:30-11:30am

\$5/person. (please register in advance)

Senior Advisory Committee

Welcome to our newest Committee member, Laura Emler. Our next meeting will be October 19th at 3:30

Senior Spotlight Now Online!

Go to www.gahanna.gov → Departments → Parks & Recreation → Senior Center → Monthly Newsletter

Meal Programs





(Please register at the front desk for all meal programs)

Lunch Social

Tuesday October 11th, 11:30 am.

Soup is back! Visit with fellow members and enjoy meatball with pasta soup, garlic bread, salad, and a dessert. \$5/person.

Lunch & Bingo (during our Octoberfest! Costume contest)

Wednesday October 26th, 12 noon.

Lunch is \$5.00 (Chili, cornbread, and dessert) Bingo \$2.00. Register at the front desk by Monday, September 26th 12 noon.

Lunch Bunch

If riding the van, \$4 collected at time of sign up (non-refundable) Senior Van will leave Senior Center 30 minutes before start time. If you sign up and need to cancel, please do so ASAP so other members on the waiting list may attend. Also, restaurants are expecting a certain number of confirmed guests which we provide them. Thank you.

October 19 - Marcella's (Polaris) 11:30 am (note time)

November 16 - Cheesecake Factory (Easton) 11am

December 9 - Hickory House (Gahanna) 11am (This is a Friday)

"Potluck & Project Interact" is back!

Join us for special presentations by students of the Gahanna School district. We also enjoy a potluck lunch together in this wonderful inter-generational program. Time well spent!

October 5th 11:30am - Goshen Lane Drama Camp Group

November 2nd 11:30am

December 7th 11:30am

Lunch & Learn!

Join us for a FREE lunch and a guest presentation.

Wednesday November 9th 11am

"Physical Activity and Cognitive Function" presented by Spencer Fee, Wellness Coordinator for Methodist Eldercare, the parent company to Wesley Woods at New Albany.

Microwave Meals (new class!)

Make an entire meal in your microwave with simple easy-to-follow recipes.

Cost \$5/class. Instructor: Patty Miller

Mondays 11-12:30pm

October 17th, November 21st, December 12th





On August 31st, a group of Active Adults/Active Seniors enjoyed an afternoon of canoeing on the Alumn Creek reservoir. We enjoyed some beautiful sights and a great time was had by all!

Pictured above: Robert and Marjorie Mullins Pictured below: Ellen and Chuck Weiden





Please contribute to our food donation box located on the kitchen counter as we support GRIN, Gahanna Residents In Need." Our Center does NOT collect clothing, only non-perishable food. If you have clothing you would like to donate, please do so at the GRIN office located at 760 Morrison Rd Suites A&B. They are currently accepting Fall and Winter donations. Please visit GRIN's website for hours of operation. Thank you for your support.

Welcome New Members!

Susan Goodman * Deborah Anderson * B. Thersa King

Alan King Martha Reddy * Madonna Bucceri * Kaz Jeffries

Barb Jeffries * Janice Crissman Irma M. Wolfe

Mary Berger * Marlene Compton * Brian Friedman

Douglas Huss * Martha Huss * John Jeffries

Rebecca Jeffries Deborah Jones * Doris Kaufmann

Mary Lager * Karen Linnenkohl Susan Toney

Harry L. Kring * Beverly J. Kring * Connie Colbre